The Secrets of Teamwork: Instilling Team Mentality

Presented by Dr. Jason Cressey, Ph.D.

What makes a team really work? This two-part workshop explores the benefits of working together to produce effective results & how to navigate challenges that arise when people spend long periods of time together, often in stressful situations. Teamwork can be thought of as an attitude rather than a single behavior & in these workshops we will use case studies & practical activities to look at ways to cultivate & enhance this attitude in yourself & those you teach as well as review strategies to re-instill team spirit when challenges arise.

MONDAY, APRIL 23, 2018
ROOM 150, MEDICAL SCIENCES BUILDING
UVIC CAMPUS

Dinner and Registration
5:30 - 6:00 pm

Workshop
6:00 pm - 8:00 pm

PART 1 of 2

• Identify the typical behaviors in the stages of team development
• Understand features of an effective team & how these differ from a group of colleagues
• Recognize helpful & hindering behaviours that influence team dynamics in a high-stress medical environment
• Articulate strategies to move past the most prevalent behaviours that can diminish team energy & performance

REGISTER

Jason Cressey earned his Ph.D. in Social Psychology from Oxford University, specializing in the fields on non-verbal communication and emotional intelligence. He instructs a variety of courses for the Justice Institute of BC and the University of Victoria and runs his own consultancy, Motivation in Mind. Dr. Cressey’s work has appeared on BBC, CBC, CTV and TV and radio.